Safe Home—Healthy Home



We are exposed to harmful chemicals in many ways—including products we use to clean our homes or maintain our gardens. Only a small portion of the more than 80,000 chemicals registered by the U.S. Environmental Protection Agency (EPÁ) have been thoroughly tested for human health concerns. Many common chemicals found in our homes can have immediate toxic effects on adults, children, and pets if not used properly. Others may have long-term health effects after repeated exposure. Particles from detergents, cosmetics, pesticides, and other chemicals are found in the dust in our homes, potentially contributing to asthma. Never place any empty plastic container that held hazardous waste into the recycling bin.

We can make our homes safer by changing our purchasing habits, adopting some minor changes to the way we clean our homes or care for our lawns and gardens, and through proper storage, use, and disposal of household chemicals. When considering a chemical product, ask yourself if something else you already have will do the job. There are a wide variety of nontoxic or low-toxic products available. Common household items such as baking soda, vinegar, and plant-based soaps and detergents can often clean just as well as specialty cleaners.





Mercury-containing products such as thermometers, wall mounted thermostats, fluorescent light bulbs and compact fluorescent bulbs (CFLs) should never be disposed of in the trash. These products are accepted at all HRMC town transfer stations (handle carefully and hand to attendant) and are, therefore not included in the HRMC HHW collection event.



Rechargeable, lithium, and button batteries are other common household items that should not be thrown in the trash. If these batteries are burned in waste combustion facilities or buried in landfills they can release mercury, cadmium or other heavy metals into the environment.



Free battery and cell phone recycling is available to all HRMC member-Towns. At transfer stations, simply hand them to the transfer station attendant. Reminder that standard household alkaline batteries are not hazardous and can be disposed of with your trash.

For additional recycling information visit the "What To Do With" link on the HRMC website at: www.hrmc-ma.org or call (413) 685-5498.



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